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Thickening Of Liquids	Effective Date: 7/23/2013
	Revision Date: 5/10/16
	Reviewed: 5/10/16
Approved by: <div style="border: 1px solid black; width: 150px; height: 20px; display: inline-block;"></div>	

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Purpose: To outline the steps taken to thicken liquids to a safe consistency for consumption by mouth for patients with dysphagia.

Definitions:


Thickening agent: Thick-it, rice cereal and Gelmix

Policy:

- All patients will receive a feeding/swallow evaluation unless determined by the MD that a feeding evaluation is not needed.
- If clinical signs of dysphagia or a documented need for thickened liquids (via MBS) is noted, the SLP will obtain a diet order specifying diet and liquid consistency. If patient is participating in feeding trials with SLP only, an MD order is not warranted.
- Specific instructions for how to thicken liquid will be detailed in bedside carryover protocol and MD order.

Thickening Protocols are as follows:

1. **Simply Thick** – due to expansion of the FDA “caution” related to Simply Thick on 9/18/12, this product is not to be used as a thickening agent.
2. **Thick It-** manufactured by Precision Foods, Inc. Thick It is used when pre-thickened liquids are not available.
 - a. Nectar thick consistency: For every 4 oz. add 1 -2 tablespoons. Stir until desired consistency is obtained.
 - b. Honey thick consistency: For every 4 oz add 2 – 3 tablespoons. Stir until desired consistency is obtained
 - c. Pudding thick consistency: For every 4 oz add 3-5 tablespoons. Stir until desired consistency is obtained.
 - d. When using Thick it, SLP should always consult with nutritionist due to additional caloric intake.

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3. **Rice cereal-** manufactured by Gerber. Rice cereal can not be used to thicken breast milk because it dissolves. Rice cereal is used for any infant who requires thickened formula.


Rice Cereal Thickening ratios:

FORMULA	NECTAR (mL cereal:mL formula)	HONEY (mL cereal/mL formula)
Neosure	7.5:30	10:30 Let sit for about a minute
Elecare	10:30	15:30
Alimentum	7.5:30	10:30
Similac	7.5:30	15:30
Goodstart	7.5:30	15:30

For any formula not listed above, specific instructions will be provided on BCP by primary SLP and in MD order.

4. **Gelmix Thickener-** USDA organic thickener for breast milk, formula and other liquids. Infants requiring thickened breast milk can have Gelmix. They must be at least 6 lbs. They cannot be under a gestational age of 42 weeks at time of consumption. For premature infants they must be adjusted to at least 2 weeks of age.
 -For nectar thick add 1 scoop (1.2 g) for every 2 ounces of liquid
 -For nectar thick with Gel Stick packs, which are 2.4 g each – add 1 pack for every 4 ounces of liquid

*if therapist or MBS determine that infant needs a honey thick consistency for safety then specific instructions will be provided on BCP and MD order.

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5. Resource Thicken Up Clear- manufactured by Nestle Health Science. This product should only be used for patients >3 years of age, Thicken Up can be used when pre-thickened liquids are not available.

- a. When using can: Nectar thick consistency: 1 scoop (1.4g) per 4 ounces of liquid
- b. When using can: Honey thick consistency: 2 scoops (2.8 g) per 4 ounces of liquid
- c. When using can: Pudding thick consistency: 3 scoops (4.2 g) per 4 ounces of liquid
- d. When using individual packets: 1 packet = 1.4 g or 1 scoop; see ratios above and add packets to correlate

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